

What should I do if I have the flu and I was told to go to the doctor?

You should:

- ☐ Wait in the car while someone else checks you in

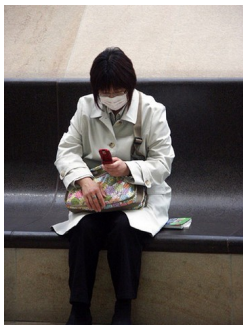
- ☐ Wear a mask at all times when in public



- ☐ Wash your hands often



- ☐ Stay away from others in the waiting room



How can I protect myself from swine flu?

What you can do:

- Avoid close contact with people who are sick
- Wash your hands often or use hand sanitizer
- Wear a mask in public if you have a low immune system
- Avoid touching your eyes, nose or mouth
- Clean your hands before and after touching other people or animals.
- Cover your mouth and nose with a tissue when coughing or sneezing
- Wipe down surfaces with antibacterial soaked cloths whenever possible



**If you get sick, stay home.
Don't pass it on**

Swine Flu Information



What is it?
How can you
protect yourself?

What is the Swine Flu?

Swine flu is a flu virus that was seen in pigs first. It changed over time until it could be passed from a live pig to a person. Swine flu cannot be spread by pork products, since the virus is not transmitted through food. The virus has continued to change. It can be passed from person to person too. The swine flu is spread like seasonal flu. The swine flu in humans is most contagious during the first five days of the illness. Children can spread the virus for up to ten days.



How is it spread?

It is spread by infected people coughing, sneezing, and touching something without washing their hands. You pick up the virus by touching that item. The virus gets in when you touch your nose or mouth without washing your hands. You can also breathe it in if someone sneezes within 6 feet of you.



What are the symptoms of swine flu?

- ✓ High fever (101 or higher)
- ✓ Muscle and joint pain
- ✓ Coughing
- ✓ Runny nose
- ✓ Sore throat
- ✓ No energy
- ✓ Lack of appetite or nausea
- ✓ Vomiting and diarrhea

What should I do if I think I have swine flu?

Like any flu, you should stay home and take care of yourself. Try to keep your germs to yourself. If you live with others you need to stay in a bedroom not a kitchen or living room. Contain the virus in one room so that others will not get sick. Monitor your symptoms and note if they change.



When should I seek medical care?

Call your provider if you:

- Find it difficult to breathe
- Breathe much faster than usual
- Hear a high pitched sound on exhale (wheezing)
- Sound like a seal "whoop" taking in a breath during severe coughing
- Have a cough that lasts longer than three weeks